



TREND ALERT

THE SHEPHERD'S Diet

A diet with divine intervention?
NH investigates

Combining biblical references with a keto-style diet of high fat, moderate protein and very low amounts of carbs, the shepherd's diet is a Christian-based programme created by personal trainer Kristina Wilds. "This eating style incorporates dietary hints from the bible and focuses on listening to the Holy Spirit's direction in your life when it comes to dieting and food choices," explains nutritionist Sophie Thurner. "The diet is based on mindful eating, with a strong focus on avoiding overeating (gluttony) and poor health choices due to excessive laziness (sloth). It also highlights the importance of healthy fats from fish, nuts and seeds." So, why try it? "Mindful eating is a practice most people would benefit from. The rise in prevalence of gut and digestive issues is certainly partly due to the constant distraction and time pressure we face in today's society. Healthy fats also play an important role in a balanced diet, too. While both of these aspects are highly beneficial, they can certainly be followed with or without guidance from the Holy Spirit."

Recipe from: Hannah McCollum, chef and founder of ChicP houmous

3 OF THE BEST HEALTHY SNACKS

Bridge the gap between a rumbling stomach and your next meal with this selection of snacks

Purely Plantain Chips, £1.99, welovepurely.com

This all natural, vegan-friendly and gluten-free nibble is brimming with fibre, potassium, magnesium and vitamins, and comes in three delicious flavours.



Nairn's Oat Bar, 75p, waitrose.com

Combining the slow release energy of wholegrain oats, these snacks may resemble your favourite flapjack but contain 40 percent less sugar than the average cereal bar.



Metcalf's Corn Chips, 75p, tesco.com

Satisfy your cheese cravings with these savoury nibbles. Similar to nachos, just without all of the bad parts, they have 92 calories a bag.



Mixed goodness bowl

Serves 2:

- 170g quinoa
- 1 avocado
- 4 florets broccoli
- 4 florets cauliflower
- Half a butternut squash
- 2 handfuls of spinach leaves
- 100g chopped walnuts
- 50g toasted seeds
- Handful seeds
- 1 pot ChicP beetroot and horseradish houmous
- Lemon juice
- Olive oil
- Salt and pepper to taste
- Paprika
- Turmeric

1 Place the quinoa in a pan of cold water and boil for 20 minutes until softened.

2 Meanwhile, chop the butternut squash into chunks and place on a baking tray. Drizzle with vegetable oil, salt, pepper and paprika and bake for 30-40 minutes until soft.

3 Steam the broccoli and cauliflower for a few minutes. When the butternut squash and quinoa are ready, place the spinach in the bowls, then add the quinoa, squash, broccoli, cauliflower and walnuts on top.

4 Chop the avocado, then add to the bowls, alongside the chopped walnuts, toasted seeds, ChicP beetroot and horseradish houmous, lemon juice, olive oil and a sprinkle of turmeric and paprika. Season with salt and pepper to taste.

UNDER THE GRILL ... Intermittent fasting

Don't count the calories, count the hours

What is it?

Following a fasted diet is pretty simple, you abstain from all caloric intake from both food and drink for a set period of time. Most people typically opt for a 16-hour fast, then eat within an eight-hour window.

What are the benefits?

There is a lot of evidence to show that fasting can increase weight loss and burn fat, as well as improve blood sugar control and boost brain function. Ultimately, fasting changes the way your body stores energy. As food is only available during a certain time period, insulin and blood levels fall, so your body has to burn stored energy instead.

Should you try it?

If you want to lose weight and lower your risk of type 2 diabetes without having to calorie count, fasting can be an easy solution. Those who are pregnant or breastfeeding should avoid it, however. Side effects can include feeling weak and hungry.